

Abstract The purpose of this study was to determine whether there were differences in the prevalence of risk factors for low back pain between two groups of subjects who had been exposed to different levels of physical activity. A total of 60 male subjects were recruited from a local health club and divided into two groups based on their level of physical activity. The first group consisted of 30 sedentary subjects and the second group consisted of 30 active subjects. All subjects completed a questionnaire that assessed various risk factors for low back pain, including demographic information, occupational history, lifestyle habits, and physical activity levels. The results of the study indicated that there were no significant differences in the prevalence of risk factors for low back pain between the two groups. However, the active subjects did report higher levels of physical activity and lower levels of sedentary behavior compared to the sedentary subjects.

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Class	Subclass	Date	Examiner

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